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Vol. 51, No. 26

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THE LEMON GROVE

REVIEW



Running for Your Life

by Jason Williams

Considering taking up jogging in the new year or maybe a short run to work off a holiday dinner?

Without proper mechanics or beginning with too strenuous a workout, it's easy to get off on the wrong foot and cause more harm to your body than good.

Knowledge of how to run and listening to one's own body are key elements to keeping fitness safe, says Dr. Anthony Sucec, professor of exercise and nutritional sciences at San Diego State University.

"Running is going to cause joint injury - can't get away from it," Sucec said. "But I think that for almost everyone, the benefits clearly outweigh the negative side effects."

In a world of first impressions, San Diegans run primarily as a means to stay in shape. Some train hard for marathon competition, as a means to combat health risks later in life or simply jog around the block to shed a few calories.

Alternatives exist for those individuals for whom running is not an option.

Walking can be just as effective, as can bicycling, weight training, or swimming, but everything has its consequences and takes its toll on the body.

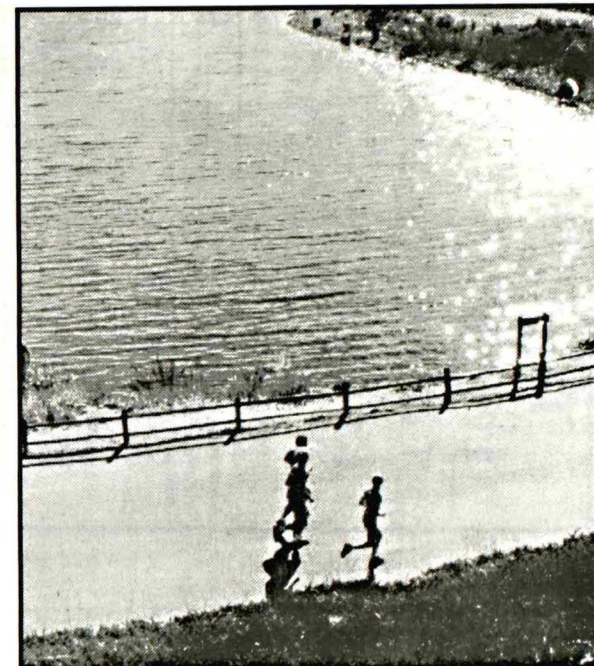
"Running works the cardiovascular system primarily - making the heart and circulation stronger," said Helix High School cross country coach Ray Mounts.

Mounts is an avid runner, logging in more than 1,800 miles last year. He added that as a skeletal workout, hip, knees and ankles are strengthened, along with the pulmonary system.

Sucec commented that running is an aerobic fitness, in that it enhances the capacity of the cardiovascular system and improves the endurance of the hip extensors and flexors, and that psychologically, runners have higher self-esteem - a side effect is reduced fat.

He further noted that physically active individuals have half the chance of having a heart attack and two times the chance of surviving a heart attack than non-active individuals.

Mounts said that running can also combat osteo-



porosis, creating stronger connective tissue in the joints.

"Benefits include sustained concentration, reduced stress," he said. "Runners can become in-tune with themselves and as a result learn to listen to their bodies and know when something is not right, and they also tend to take better care of themselves and have increased energy levels."

The obvious physical fitness benefits and the not so obvious internal esteem benefits of running are only one side of the coin; if done incorrectly, or in excessive abundance the downside to

running is painful.

He noted that most people are born with one leg shorter which can cause pain. Other people start later in life with a pre-existing health condition, going into it with a lack of knowledge and understanding, and can do damage to themselves.

According to Sucec, running is an impact sport and the faster a person runs, the higher the impact.

The professor added that as a result - joint soreness in the ankle, knees and hips - spinal problems, osteo-

Continued on Page 26

Lemon Grove Fire Log

Nov. 5, 1998

6900 blk. Broadway. Vehicle accident.
Skyline Dr./Palm St. Traffic accident.
7000 blk. Bradberry Ct. Seizure.

Nov. 6, 1998

7600 blk. Broadway. Ringing alarms commercial.
3200 blk. Olive St. Medical aid.
7000 blk. Broadway. Assault victim.
3500 blk. Hartzel Dr. Medical aid.
1400 blk. El Prado Ave. Possible heart.
7600 blk. Broadway. Ringing alarms commercial.
3100 blk. Florine Dr. Chest pains.
7600 blk. Pacific Ave. Unknown medical.

Nov. 7, 1998

3200 blk. College Pl. Vomiting.
7600 blk. Broadway. Ringing alarms commercial.
7000 blk. Waite Dr. Extinguished fire.
1600 blk. Plata Ct. Possible heart.
7200 blk. Central Ave. Abdominal pains.
8000 blk. Broadway. Chest pains.

Nov. 8, 1998

3100 blk. Florine Dr. Difficulty breathing.
8000 blk. Broadway. Unconscious.
7900 blk. Palm St. Head injury.
Hwy 94 WB/College Ave. Vehicle accident freeway.
Hwy 94 WB/Massachusetts Ave. Traffic accident.
2400 blk. Sweetwater Rd. Residential structure fire.
Darryl St./Washington St. Vehicle accident.
1600 blk. San Altos Pl. Possible heart.
Hwy 94 EB/Lemon Grove Ave. Vehicle accident freeway.
7000 blk. Broadway. Unconscious.
2600 blk. Nida Pl. Assist motorist.
1400 blk. El Prado Ave. Unresponsive.
Hilltop Dr./Lemon Grove Way. Vehicle fire.

Nov. 9, 1998

3600 blk. Grove St. Difficulty breathing.
4200 blk. Eastridge Dr. Residential structure fire.
7000 blk. Broadway. Child locked in auto.
Hwy 94 WB/Bancroft Dr. Vehicle accident freeway.
6900 blk. Central Ave. Unknown medical.

Nov. 10, 1998

2200 blk. Massachusetts Ave. Medical aid.
3200 blk. Main St. Evaluate for Sheriffs.
3200 blk. Fairway Dr. Residential structure fire.
Hwy 94 EB/Spring St. Vehicle fire freeway.
3200 blk. Man St. Assault victim.

Nov. 11, 1998

7800 blk. Broadway. Medical aid.
3100 blk. Florine Dr. Chest pains.
8000 blk. Broadway. Asthma.
7600 blk. Broadway. Person down.
3200 blk. College Pl. Difficulty breathing.
7200 blk. Carmenita Rd. Laceration.

Nov. 12, 1998

Buena Vista Ave./San Miguel Ave. Traffic accident.
4400 blk. Rosebud Ln. Single-engine response.
2800 blk. Sweetwater Rd. Back pain.
2700 blk. Glebe Rd. Difficulty breathing.
8000 blk. Broadway. Odor of natural gas commercial.

Nov. 13, 1998

7000 blk. San Miguel Ave. Reset alarms.
2700 blk. Buena Vista Ave. Dizzy.
7100 blk. Mt. Vernon St. Traffic accident.

Nov. 14, 1998

2000 blk. Skyline Dr. Overdose.
1400 blk. La Corta Cir. Seizure.
3500 blk. West St. Vomiting.
8000 blk. Orange Ave. Residential structure fire.
7100 blk. Broadway. Assault victim.
3200 blk. Harris St. Fall.
7500 blk. Broadway. Assault victim.

Nov. 15, 1998

7500 blk. Broadway. Commercial industrial fire.
1400 blk. San Altos Pl. Ringing alarms residential.
7500 blk. Hughes St. Residential structure fire.

Nov. 16, 1998

6900 blk. Davenport St. Residential structure fire.
7000 blk. Broadway. Fall.
3800 blk. American Ave. Medical aid.
69th St./Madera St. Dizzy.
8300 blk. Mt. Vernon St. Ring removal.
Madera St./Ramon St. Smoke check.
3200 blk. College Pl. Possible coroner case.
8100 blk. Broadway. Diabetic problem.

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

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Steven Saint, Publisher

Assistants to the publisher:
Cheryl Cohen, Trudy Thomas
Sports Editor: Mary Rosen
Contributing writers: Cheryl Cohen,
Michael Krawczak, Joe Naiman,
Paul Treske, Betty Jo Tucker,
Jason Williams

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Lemon Grove Almanac

1994 Population: 25,100
Incorporated: 1977
Area: 3.75 sq. mi.
Median income: \$34,399
1996-97 city budget: \$26.3 million
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sessom
Council: Thomas Clabhy
Craig Lake
Dwight Shelley
Jill Greer

City Manager: Doug Yount
Planning Director: Linda Niles
City Attorney: Gloria McLean
City Clerk: Christine Taub
Sheriff's Capt.: Yolanda Collins

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisory district:
2nd - Dianne Jacob

Libraries: 1
Post offices: 1
Parks: 4
Recreation centers: 1



1998 Member
California Newspaper
Publishers Association

Community Notes

Artist to give demonstration at Foothills meeting

El Cajon artist Marty Pray-Stanard will give an art demonstration at the next monthly meeting of the Foothills Art Association, 7 p.m. Thursday at the Foothills Fine Art Gallery, 8051 University, La Mesa, in the Lamplighters Community Theater.

Pray-Stanard is well-known throughout the community through her teachings and workshops from children to adults. A master of all media, she is a specialist of vibrant, rich color using a loose application combining abstraction with realization.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE T.S. No. 95-307465 Loan No. 9647296 TSG No. 190735 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 8/22/97 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. NOTICE IS HEREBY GIVEN that the real property known as 1624 San Altos Place, Lemon Grove, California 91945 Assessor's Parcel Number 576-321-11-00 will be sold at public auction at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA on 12/10/98, at 10:00am, to the highest bidder, payable at the time of sale, for cash a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Financial Code section 5102 and authorized to do business in California. The sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by the Deed of Trust executed by Rosaline L. Doggett, an unnamed woman, as Trustor, Recorded on 8/23/97, Instrument 1597-0422051, Page 1707, of Official Records of San Diego County, California. The total amount secured by said instrument as of the time of initial publication of the notice is \$137,257.33, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonably estimated costs, expenses, and advances at the time of initial publication of this notice. Dated 11/4/98 Premier Trust Deed Services, Inc., 3 ADA Irvine, California 92618, Trustee Sale Information Number (916) 387-7728, Premier Trust Deed Services, Inc. By: Janet L. King, Assistant Secretary, ASAP339158 11/17, 11/24, 12/01

SUMMARY OF AN ORDINANCE APPROVING AND ADOPTING AN AMENDMENT TO THE REDEVELOPMENT PLAN

ORDINANCE 286

On November 17, 1998, the City Council of the City of Lemon Grove, California, adopted Ordinance No. 286. Ordinance No. 286 adopts the 1998 Amendment to the Redevelopment Plan for the Lemon Grove Redevelopment Project. The 1998 Amendment only extended the time frame to commence eminent domain from December 17, 1998 to December 17, 2010.

Voting for: Sessom, Lake, Clabhy, Greer, Shelley

Abstain: None

The full text of said Ordinance is on file in the Office of the City Clerk at 3232 Main Street, Lemon Grove, California 91945
CHRISTINE TAUB
FINANCE DIRECTOR
/CITY CLERK

Lemon Grove Review
December 1, 1998

NOTICE OF TRUSTEE'S SALE Title Order No. 8902992 Trustee Sale No. 95-307465 APN No. 576-381-13-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 04/17/92, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On December 22, 1998, at 10:00 AM, Professional Lenders Alliance, LLC FKA Professional Lenders Alliance Corp as the duly appointed Trustee under and pursuant to Deed of Trust, recorded on 04/29/92 as Document No. 1992-0253713 Book --- Page 1777 of Official Records in the Office of the Recorder of SAN DIEGO County, California, executed by: TRAVIS L. CARPENTER AND MIRIAM J. CARPENTER, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, TRANSCOASTAL MORTGAGE CORP., as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: "As more fully described on the above mentioned deed of trust". The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 1902 ENSENADA STREET, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$129,203.05 Estimated. Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused where the real property is located and more than three months have elapsed since such recordation. Date: 11/13/98, Professional Lenders Alliance, LLC FKA Professional Lenders Alliance Corp., as Trustee, 5 Hutton Centre Drive, Suite 1050, Santa Ana, CA 92707, Telephone Number: (714) 432-7715, Fax Number: (714) 432-1221, By: Ellen Nicky, Trustee Sale Officer, NPP0054876 PUB: 12/01/98, 12/08/98, 12/15/98

TS No.: 19989045200445 Loan No.: 0020115303 FHA/VA/MI No: 044-3109366-729 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 12/16/92, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On December 15, 1998 at 10:00 AM, Lonestar Mortgage Services, L.L.C., as duly appointed Trustee under and pursuant to Deed of Trust recorded 12/18/92, as Instrument No. 1992-0814761, in book , page , of Official Records in the office of the County Recorder of SAN DIEGO County, State of California. Executed by RICARDO NAVARRO, AND MARIA E NAVARRO, HUSBAND AND WIFE WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH OR CASHIER'S CHECK, (payable at time of sale in lawful money of the United States) AT THE SOUTH ENTRANCE TO THE COUNTY COURTHOUSE AT 220 WEST BROADWAY, SAN DIEGO, CA. (NOTE: CASHIER'S CHECK(S) MUST BE MADE PAYABLE TO LONESTAR MORTGAGEE SERVICES, L.L.C. all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: As more fully described in the above mentioned Deed of Trust APN# 503-140-26-00. The street address and other common designation, if any, of the real property described above is purported to be: 3240 SWEETWATER ROAD, LEMON GROVE, CA 919452001. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$93,374.88. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused where the real property is located. Date: 11/20/98, Lonestar Mortgage Services, L.L.C., as Trustee, MARTIN REYNOLDS, Authorized Signature, FOR TRUSTEE'S SALE INFORMATION PLEASE CALL (916) 974-6099, 15000 Surveyor Boulevard, Suite 250, Addison, Texas 75001, LONESTAR MORTGAGEE SERVICES, L.L.C., IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. NPP0054242, 11/24/98, 12/01/98, 12/08/98

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Box 127, Lemon Grove, CA 91946

Running

Continued from Page 1

porosis can occur.

He added that the major injuries tend to come for those runners who overwork their bodies. Thirty minutes of running at a comfortable pace a few times a week is enough. The joint problems come to those who exceed 30 miles a week, some exceeding 100 miles a week which causes soreness.

He suggested that for beginning runners and those who have been running a long time, there is a proper way to run to avoid, or lessen, the likelihood of injury – elements to keep in mind before heading for the nearest stretch of land.

"Warm-up," he said. "An easy run and stretch to get fluid in the joints. Like an engine needs oil, the fluid reduces wear and tear of bones. More problems come from tense muscles. As they land, tense muscles absorb less weight and shock."

According to Sucec, stretching warms the body, and the body functions better at a higher temperature.

"There is a right and a wrong way to run," said Mounts.

The training approach should be different and tailored to the individual and what the individual is trying to achieve. A marathon runner compared to a sprinter will have a different method of running.

Sucec said that runners should be concerned with proper mechanics,

without which they will be more likely to be injured and that there is no one form that everyone needs to follow.

A large step toward preventing injury is for a runner to watch where they are running – what terrain – and what they are running in. Shoes need to be not too tight and not too loose, providing the right amount of support for the runner.

"With the designs and complexity of running shoes, terrain is not as significant as years ago," said the Helix coach.

Both Mounts and Sucec made clear that softer running surfaces are always preferable to reduce and absorb shock.

Rough, uneven ground leaves more room for injury and running in poor light increases the chances of sprained ankles.

Flat dirt and grass areas, as well as wood-chip trails, provide the best running surfaces as opposed to cement and other paved roads.

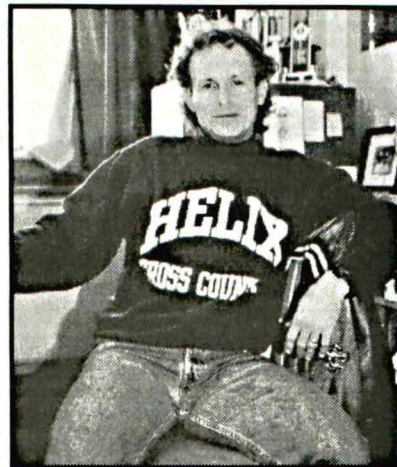
Mounts stressed that beginning runners not just got out and start running, that if 20 pounds overweight, don't just go start jogging.

Start by walking, gain some knowledge and personal training and talk to running and fitness club people.

Running in sports as opposed to running as a sport are different, though the end result can be the same, if done improperly.

Sucec noted that in sports, it's not just a straight line as in fitness or track. There is acceleration, deceleration – left, right – sharp turns.

Generally, he added, there are more



Helix Cross County Coach Ray Mounts said that listening to your body can help avoid injuries. Photo by Jason Williams

injuries in sports, such as cross country, which stem from a matter of mileage and mechanics.

Mounts trains his cross country team with a hard-easy approach. After a hard workout, which may include a six-mile run, the next day becomes a recovery day where his runners run shorter distances with effort, but allow for recovery, between.

He added that running is a goal-oriented activity, in that you're trying to achieve – it builds a success mechanism.

Mounts and his team train under the motto: If cross country was easy, everyone would do it.

According to the coach, all runners should keep in mind one thing – listen to your body and use good judgment.

Helix last East County team in CIF playoffs

The Helix High School which had high hopes entering this football season, only to have scramble to make the football playoffs, finds itself as the sole remaining hope for a football title in the Grossmont League.

It took a gamble to win over South rival Monte Vista, which had won the division title over the Highlanders.

The Highlanders team now has the unenviable job of facing the top seeded team in Div. II in Castle Park, a team which had rolled over Patrick Henry last week. The South Bay team is a formidable obstacle at home for Helix, and a possible shot at another CIF title.

Adult Sports Standings

Santee Softball, Volleyball

Final Men's A (as of 11/19)

Team	W	L
Tri-County Insulat.	7.5	2.5
Paleozoics	6.5	3.5
Enerdyne	5.5	4.5
American Ren. Ins.	4.5	5.5
D & H Truck	3	7
Grand Std Sports Bar	3	7

Final Men's B/C (as of 11/16)

Team	W	L
Lizards	8	1
Pharis Landscape	6.5	2.5
Above the Law	5.5	3.5
ARS	4	5
County Propane	2	7
Con-Coo Clubbers	1	8

Men's D (as of 11/22)

Team	W	L
Top Notch Landscape	6	3
Binford Boys	6	3
Rude Dogs	6	3
Grumpy Old Jox	6	3
River Boys	4	5
Comer Brothers	4	5
Arrow Construction	3	6
Just Do It	1	8

Women's (as of 11/18)

Team	W	L
NexSource	7	0
We Wouldn't Mind \$	7	0
Al's Sport Shop	4	3
HEAT	4	4
Whatevers	2	6
MsFits	2	6
Supercuts	1	8

CoRec A (as of 11/20)

Team	W	L
Frozen Rope	9	1
Team NGC	8	2
Peculators	6	4
Santana Hair Co	4	6
Valle de Oro Outlaws	2	2
Seeing Double	1	9

CoRec B (as of 11/22)

Team	W	L
Hotshots	6	3
D&H Trucking Equip	6	4
'A' League Crushers	5	5
En Fuego	4	5
Friends & Neighbors	4	6
Bad Dogs	3	5

CoRec B/C (as of 11/22)

Team	W	L
HEAT	9	1
Mauzy/Univ. Rlty	7	2
No Big Deal	5	4
Parkhurst Red Dogs	4	6
Drew Ford New Comers	2	7
Round Table Pizza	1	8

CoRec C (as of 11/24)

Team	W	L
Solar Turbines	8	1
Kapali Development	6	3
Bogart's	4.5	4.5
Mamas & Papis	4	5
We Should be in 'D'	2.5	6.5
Ranch House Wrang	2	7

CoRec D (as of 11/21)

Team	W	L
Krazy w/Kids	8	1
Longshots	7	2
Strange Bedfellows	6	3
Who's Buyin'?	6	3
Blue Thunder	3	6
Olsen Photography	2	7
Just 4 Fun	2	7
CaCo's	2	7

Volleyball

A League (as of 11/22)

Team	W	L
Fire Up	9	0
Court Attack	5	4
New Attitude	4	5
Set to Spike	4	5
In Your Face	3	6
Magic Touch	2	7

B League (as of 11/22)

Team	W	L
Safe Sets	7	2
Dang It!	6	3
6-Pack	6	3
Slime Dunk	4	5
Spikes R Few	3	6
Return to Glory	1	8

Final La Mesa Softball Results

(through 11/20)

A League			D League		
Team	W	L	Team	W	L
*Berry's	10	2	*Fox Cable	8	3
*Harry's	10	2	*Blockbusters	5	6
*2nd Stringers	7	4	Westcorp Const.	3	6
			Westrend Electric	1	8
B League			E League		
Team	W	L	Team	W	L
*Wong's Gold. Palace	6	5	*Christ Lutheran	10	2
*Force Electric	4	7	*La Mesa Foothills	10	2
Certified Metal Craft	2	9	Happy Boys	6	6
Del Hepp & Sons	1	11	Christ Lutheran II	3	9
			Our Redeem Luth.	1	11
C League			Coed		
Team	W	L	Team	W	L
*Ron's Shamrocks	10	1	Whiz Kids	14	0
*Stogies	8	3	U.S. Racing	10	4
*La Mesa Lions	8	3	Let the Boys Play	8	6
O.T.N.C.	3	8	Signs 2000	4	10
No Unies	2	10	Mo Fo's	3	10
			Bottom's Up	2	11

*Top two teams advance to playoffs, except A and C due to ties.

Par 3 'training course' proposed for El Capitan

by Norrie West

"We hope to start moving dirt this coming summer, and be open for play in 2001," said El Cajon's Dave Fleming, a notable golf course architect, who already has designed 36 holes for El Capitan Golf Course.

The El Capitan golf facility will add measurably to San Diego's East County array of courses – increasing its total to 14 courses and 243 holes.

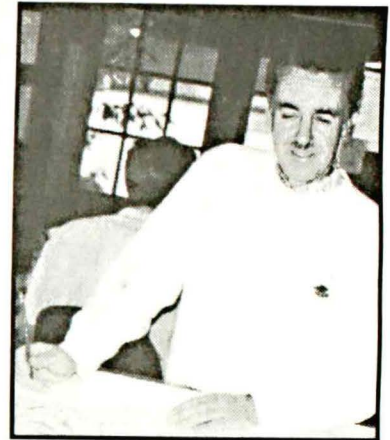
A nine-hole training course will be the first ever in our county, although when not in use by clinics, it will be open for public play.

El Capitan will feature two regulation 18 hole courses, namely The Valley, ranging from 7,080 yards to 5,106, and The Bluffs, as long as 7,035 and as short as 5,000 yards.

There are five tees on each course, gold (the very longest), black, blue, white and green (the very shortest).

El Cap will be different however from most other multiple-tee courses ... it will be friendly to all classes of golfers.

Fleming and his associate Heath Pray have designed each hole with you and me in mind – meaning there is an open way to each green, not just a shorter way from the forward tees.



Course architect Dave Fleming checks El Capitan Golf Course design. Photo by Norrie West

In effect, that means there are five different courses that are keyed to gold, black, blue, white and green tees. so you can take your pick.

"We have also put it together so the big hitting ace can score if he is willing to gamble on hitting a fairway target that shortens the hole," Fleming said.

No. 15 on The Bluffs is 360 yards from the gold if you follow the dog-leg fairway around a lake, but only 300 if you can hit it to the straight-line target Fleming has created.

No. 5 is similar – 388 yards to the green by the fairway, but just 290 for the low handicapper, if he just goes for it.

There are also two holes that even the long hitters can't reach, 590 and 600 yards. From the golds, of course.

ATTENTION

East County High Schools

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